

## Hyde Park Periodontics & Implant Solutions

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### **HEALING AFTER PERIODONTAL SURGERY**

#### **ACTIVITY**

After leaving the office, relax as much as possible for the remainder of the day. No extremely strenuous activity for several days. Take it easy and let your body begin the healing process. You may feel fine immediately after surgery, but when the local anesthetic wears off you will experience some discomfort. If you are sedated during the procedure or if you are taking prescribed pain medications, you may be sleepy and your reflexes may be impaired. You must avoid driving and working with dangerous equipment. Sedated patients should not be left alone after the surgery.

#### **BLEEDING**

It is common to have slight bleeding for a few hours following oral/periodontal surgery. Bleeding is part of the normal healing process to seal the areas around the teeth or in tooth extraction sites. Bite on a gauze pad for 45 minutes then discard. If bleeding continues, fold gauze tightly, place over bleeding area and maintain firm biting or finger pressure for 30 minutes. It is sometimes helpful to use a LIPTON tea bag pressed in the surgical area like a gauze for 15 minutes to stop minor bleeding. If bleeding persists beyond the first 24 hours or seems to be excessive, please call our office at (773) 955-5000.

#### **DO NOT RINSE**

Do not rinse your mouth today. **DO NOT** use straws for drinking. Gentle rinses every three to four hours using warm salt water is suggested after 24 hours.

#### **SWELLING**

Swelling is to be expected. Swelling may be reduced by applying an ice pack wrapped in a towel, to the operated area 15 minutes and 15 minutes off, for the first 24 hours. After 24 hours, you may use a warm towel in the same manner until swelling has receded. Keep your head slightly elevated when lying down (i.e. extra pillow or two).

## **DISCOMFORT**

Some discomfort may be present when the anesthesia wears off. You may have been given some pain medication Ibuprofen or Tylenol. In some cases, a stronger narcotic pain medicine has been prescribed that may cause sleepiness (if so, do not drive or drink alcoholic beverages while taking the pills). Please follow the directions printed on the bottle and call if you have any problems with the medications. Usually the pain medications are only needed for a few days. After that, take them only if needed until the follow-up visit for removal of stitches.

## **STITCHES**

Stitches may have been placed during your surgery. If non-dissolving stitches were placed they are generally purple in color and will need to be removed in 7-10 days. Dissolving stitches are generally yellow or tan in color and last 1-2 weeks and will fall out on their own. If a single stitch comes out prematurely it shouldn't cause any problems.

## **DIET**

No eating or drinking for one hour after surgery. Hot, spicy or coarse foods should be avoided. Avoid popcorn and peanuts that may become stuck in the surgical sites. Nutrition is very important for proper healing. Generally, a soft and liquid diet is recommended for 2-3 days following the surgery. Avoid excessively hot or cold foods and liquids. Any other foods that the patient can tolerate is permissible. It is important that the patient drinks at least 2 quarts of fluid per day.

## **NO SMOKING OR ALCOHOL**

No smoking or alcoholic beverages until pain medications and antibiotics are finished. Pain medications can be intensified or even made deadly when mixed with alcohol. Excessive bleeding may occur.

## **ANTIBIOTICS**

If an antibiotic like Amoxicillin, Doxycycline, etc. are prescribed, take them as directed until tablets are gone and as long as no adverse reactions such as itching, redness or diarrhea are observed. Yogurt can help your stomach and intestines if diarrhea occurs.

## **ORAL HYGIENE**

Brushing and regular oral hygiene procedures should be continued in all areas except for the surgical site(s). Mouthwashes might have been prescribed. They should be used as directed.

**We sincerely hope that your healing period will be short and uneventful. If you have any other concerns or questions, please feel free to contact Dr. Fayz at (73) 955-5000.**

